

ENVIRONMENTAL TOBACCO SMOKE EXPOSURE

(904)

PARTICIPANT TYPE.....ALL
HIGH RISK.....NO

RISK DESCRIPTION:

Exposure to smoke from tobacco products inside the home (also known as passive, secondhand or involuntary smoke)

ASK ABOUT:

- Understanding of the potential dangers to self, the fetus, infant or child
- If the mother smokes:
 - Her attitude about and interest in smoking cessation strategies and programs
 - Previous experiences trying to cut back or quit
 - Barriers to accessing smoking cessation support including finances, transportation, family support
- If someone else in the household smokes:
 - Potential interest in smoking cessation strategies and programs
 - Previous experiences trying to cut back or quit
 - Barriers to accessing smoking cessation support including finances, transportation, family support

NUTRITION COUNSELING/EDUCATION TOPICS:

- Environmental tobacco smoke (ETS) has a toxic and carcinogenic potential similar to that of the mainstream smoke (the smoke exhaled by smokers).
 - Women exposed to ETS are at risk for lung cancer and cardiovascular diseases.
 - Prenatal or postnatal ETS exposure is related to numerous adverse health outcomes among infants and children, including sudden infant death syndrome (SIDS), upper respiratory infections, periodontal disease, increased severity of asthma/wheezing, metabolic syndrome, decreased cognitive function, lower birth weight, and smaller head circumference.
 - Infants born to women exposed to ETS during pregnancy have a small decrease in birth weight and a slightly increased risk of intrauterine growth retardation compared to infants of unexposed mothers.
 - Studies suggests that the health effects of ETS exposure at a young age could last into adulthood. These include cancer, specifically lung cancer, and cardiovascular diseases. There is strong evidence that ETS exposure to the fetus and/or infant results in permanent lung damage.

NUTRITION COUNSELING/EDUCATION TOPICS (CON'T):

- ETS exposure increases inflammation and oxidative stress. Inflammation is associated with asthma, cardiovascular diseases, cancer, chronic obstructive pulmonary disease, and metabolic syndrome.
- Antioxidants may modulate oxidative-stress induced lung damage among smokers and non-smokers. Fruits and vegetables are the major food sources of antioxidants that may protect the lung from this stress. Research indicates that consuming fruits and vegetables is more beneficial than taking antioxidant supplements.
- An increased turnover in vitamin C has been observed in nonsmokers who are regularly exposed to tobacco smoke. Although there is insufficient data to estimate a special requirement for nonsmokers regularly exposed to ETS, the Institute of Medicine urges those individuals to ensure that they meet the Recommended Dietary Allowance for vitamin C. The WIC food package supplements the intake of vitamin C currently through the fresh fruits, vegetables, and 100% juices.
- Smoke outside away from the infant or child.
- Do not smoke while holding her infant.

POSSIBLE REFERRALS:

- Refer to the North Dakota Tobacco Quitline (<http://www.ndhealth.gov/tobacco/quitline.htm>) at 1-800-QUIT-NOW or 1-800-784-8669 (1-866-257-2971 for the hearing impaired) or North Dakota QuitNet at <http://www.ndhealth.gov/tobacco/quitnet.htm>.
- Refer to community smoking cessation programs.